

# Entry List for Marathon Races September 27

## REAL PRACTICE BEGINS TOMORROW

**Benedictine Cadets Will Start Football Preparation With Best Prospects Yet.**

The Benedictine College football team will begin practice to-morrow afternoon, under the coaching of Earle Lutz and Charley Montgomery.

The candidates for the full back, tackle, guard and center positions will be given all that wish a try-out by Manager Pollard.

At this morning's meeting, to be held in the college gymnasium, the coaches will find out what position the men wish to try for, and when the squad reports for practice Wednesday afternoon each man will know just what to do.

Captain Fletcher, right tackle, and captain of last year's team, will be on hand to run things.

The old men who have returned are: Fletcher, tackle, full back; Parsons, end; Morrison, quarter back; Purcell, guard; Herber, guard; McGraw, half back; Hoen, half back; Barrett, end; Bina, tackle; Shaughnessy, end; Grant, center; and Dugan, center. About twenty-five new candidates will report Wednesday.

Manager Pollard has received letters from Hampton High School, Chester High School and has corresponded with other managers of Virginia high schools.

## HEGARTY AT A. & M. TO ASSIST GREEN

**Former Georgetown Captain and Star Football Player to Develop Line Men.**

[Special to The Times-Dispatch.]—West Raleigh, N. C., September 15.—Dr. John E. Hegarty arrived on the campus Wednesday afternoon, and has started to work assisting Coach Green in developing a football team at A. & M. this year.

Dr. Hegarty is an experienced football player, having played the game for the past seven years, three at prep schools and four at college. In 1906 he played end of the Eastern eleven, and in 1907 and 1908 played the same position at Dean Academy, where he gained a reputation for his brilliant work. In 1909 he entered Holy Cross at Worcester, Mass., and started on the gridiron there. In 1910 he entered Georgetown University, and played end for two years, and was selected as an All-South Atlantic end in 1911. In 1912 he was made captain of the Georgetown University team, and was shifted to tackle, which position he played so brilliantly that he was selected for valuable assistance to Coach Green in developing a football team at A. & M. this year.

Dr. Hegarty received his degree at Georgetown last spring. With his wide experience in football, he will prove of valuable assistance to Coach Green, and will give his attention to the line, while Coach Green looks after the backfield.

## FRANK DOBSON TELLS MARATHON RUNNERS WHAT THEY SHOULD DO

**Physical Director Richmond College.**

There are many things to be considered when a man starts training for a Marathon. It is a long race, and it demands the most of the runner. A fast quarter-mile dash requires the runner to run over an excellent course, and the distance will be approximately twelve miles. It will afford a grand opportunity for record time for that distance.

An Olympic Marathon is twenty-six miles, yards, this being the distance between Athens and Sparta in Greece, over which course the first race of its kind was run by the ancient Greeks. American athletes at the Olympic games, at Stockholm, Sweden, proved that they could hold their own against Europe's best at that distance, and that it was just a matter of time until the United States would eclipse all her rivals in this race, as in all other track and field events. It may be that the coming Marathon will be the means of bringing to light a future Olympic champion.

**Preparation.** First of all, a man must be in good condition to run any such distance, without chances of injuring himself. The man must not be over-eager, but must have the heart, therefore any man who is not perfectly sound there should never attempt to run twelve miles. The secret of a man's physical fitness is the stomach. If it is in good condition, then the balance will be easily brought to an edge.

Don't think that training means to deprive yourself of all the things you like to eat, but to eat in a proper way, such places as bars, soda fountains and peanut stands do not offer much that is nutritious. Good, wholesome food is necessary to train for any athletic event.

**What to Eat.** Don't overload your stomach. Eat plenty of cereal, but don't add to much sugar. Milk, eggs (except fried), steak, vegetables (except sweet potatoes and cabbage) and fruit (except bananas) offer an abundance from which to make a selection. Avoid coffee, hot bread and all fried foods. If you smoke, this is fine chance to quit, for lungs saturated with nicotine won't respond when called upon in a race of this kind.

**Exercise.** Just three weeks remain in which to train, and your running should be regulated so that you can work up to the required distance gradually. During this week a great deal of running should be done, working gradually from two to five miles. Remember that breathing through your nose will increase your lung capacity, thus adding much to your staying qualities. Swimming is an excellent means of conditioning, since it brings into play the entire muscular system.

Next week should see the distance increased from five to nine miles, and also very strict training.

It is not necessary to go the entire route until the race is run, if you and you can go eight or nine miles without being too fatigued. It is advisable to do your training over the course, so that you can acustom yourself to the hard underfoot.

The day before the race should be one of rest. No exerting of any kind should be done on that day. In case of stiffness in the muscles of the legs, use any good liniment, rubbing and massage the muscles five or ten minutes. Don't bathe in cold water after running.

**What to Wear.** Little need be said here, for a regular track suit is all that is necessary, with the exception of the shoes. No doubt the majority of entrants will

## DIRECTUM IS STILL WINNING

**Keeps Up Record by Grabbing \$2,000 Stake at Detroit Opening.**

Detroit, Mich., September 15.—The world's champion half-mile track pacer, Directum I, kept up his winning career by winning the \$2,000 stake of the Grand Circuit race meeting, which opened here to-day. Starting a strong favorite in the actions, the chestnut stallion from New York was in front from wire to wire in both heats.

In the first Flower Direct came into the stretch first, but Directum I was let loose and cantered under the wire the winner. Cochato was the contender in the second, but Directum I handled him easily.

Walter Cox annexed the long end of the 2:14 pacing stakes, with Del Rey, Nagot had been the only one to give him a fight. The favorite, Maria Bellini, after winning the first heat, broke, and the race went to the Syracuse mare, Western Girl. Bill Ann, drew won his second race of the day by landing Newell the victor in three straight heats of the 2:05 trot. The Cleveland gelding took a new record of 2:07 1-2 in winning the final heat.

2:20 class trotting, 3 in 5; purse, \$1,000. Westerville Girl, b. m., by Galbator (Andrews), 8 1 1 1. Holly Brand, b. m., by Bellini (Dickerson), 1 10 2 4. Low Dewey, b. m. (Snedeker), 2 2 3 6. Kodall, ch. m. (McCarthy), 5 5 6 2. The Monarch, Maxine, Lena Rivers, Todd Swift, On Conr, Verillius and P. W. S. also started. Best time, 2:11 1-4.

2:16 class pacing, 3 in 5; stake, \$2,000. Del Rey, b. h., by Nutwood. Wilkes (Cox), 1 1 1 1. Margot Hal, b. m. (McDonald), 2 2 2 2. The Assessor, ch. h. (Geers), 4 4 3 3. Holly Brand, b. m. (Cobb), 5 5 3 4. Clio B. and Art Patch also started. Best time, 2:06 1-4.

2:05 class pacing, 2 in 3; stake, \$2,000. Directum I, ch. h., by Directum. Kelly (Ryan), 1 1 1 1. Walter Cochato, blk. h. (Leary), 5 5 2 2. Flower Direct, b. m. (Whitehead), 2 2 3 3. Bramham Baughman, b. h. (Cox), 5 4 4 4. Louisa, b. m. and Zombrover also started. Best time, 2:02 1-4.

2:09 class trotting, 2 in 3; purse, \$1,000. Newell, b. g., by New Leaf. Derby Boy, b. g. (McCarthy), 1 0 1 1. Lady Grattan, ch. m. (Cox), 2 3 3 3. Dago, b. g. (N. Grady), 3 4 4 4. Denmore, Grand Marshal, Crescote, Bon Bon, Farmer, Pears, Frank L. Lillian Aycock, Myrtle Granger and Kid Cupid also started. Best time, 2:07 1-2.

**Prep Schools Ready to Start**

Football Practice Will Begin Before Week Is Ended.

Prospects Good.

John Marshall High School and Richmond Academy, two members of the Prep School League, are ready to start football practice. McGuire's will start on Wednesday of the week. High School has been kicking with Guard Robies, last year a member of the Medical College of Virginia's eleven, to coach the team. Richmond Academy expected Harry Griffin to take that position. Griffin is at Fort Union, and will probably stay there throughout the season. McGuire has not decided on a coach. Regardless of all the prep teams working hard and in fine condition for the championship game.

**Barbarossa**

The beer you'll like better—the beer that is better.

A famous brew—delicious—pure—sparkling—aged.

**Barbarossa**

Will PROVE its own delightful superiority, if you'll try it—just try it. Order for home or to take health and hospitality.

Sold at most bars and cafes.

**CHAS. GUNST**

Wholesale Distributor 1019-1021 E. Cary St., Phone Madison 7700

**Barbarossa**

The beer you'll like better—the beer that is better.

A famous brew—delicious—pure—sparkling—aged.

**Barbarossa**

Will PROVE its own delightful superiority, if you'll try it—just try it. Order for home or to take health and hospitality.

Sold at most bars and cafes.

**CHAS. GUNST**

Wholesale Distributor 1019-1021 E. Cary St., Phone Madison 7700

**Barbarossa**

The beer you'll like better—the beer that is better.

A famous brew—delicious—pure—sparkling—aged.

**Barbarossa**

Will PROVE its own delightful superiority, if you'll try it—just try it. Order for home or to take health and hospitality.

Sold at most bars and cafes.

**CHAS. GUNST**

Wholesale Distributor 1019-1021 E. Cary St., Phone Madison 7700

**Barbarossa**

The beer you'll like better—the beer that is better.

A famous brew—delicious—pure—sparkling—aged.

**Barbarossa**

Will PROVE its own delightful superiority, if you'll try it—just try it. Order for home or to take health and hospitality.

Sold at most bars and cafes.

**CHAS. GUNST**

Wholesale Distributor 1019-1021 E. Cary St., Phone Madison 7700

**Barbarossa**

The beer you'll like better—the beer that is better.

A famous brew—delicious—pure—sparkling—aged.

**Barbarossa**

Will PROVE its own delightful superiority, if you'll try it—just try it. Order for home or to take health and hospitality.

Sold at most bars and cafes.

**CHAS. GUNST**

Wholesale Distributor 1019-1021 E. Cary St., Phone Madison 7700

**Barbarossa**

The beer you'll like better—the beer that is better.

A famous brew—delicious—pure—sparkling—aged.

**Barbarossa**

Will PROVE its own delightful superiority, if you'll try it—just try it. Order for home or to take health and hospitality.

Sold at most bars and cafes.

**CHAS. GUNST**

Wholesale Distributor 1019-1021 E. Cary St., Phone Madison 7700

**Barbarossa**

The beer you'll like better—the beer that is better.

A famous brew—delicious—pure—sparkling—aged.

**Barbarossa**

Will PROVE its own delightful superiority, if you'll try it—just try it. Order for home or to take health and hospitality.

Sold at most bars and cafes.

**CHAS. GUNST**

Wholesale Distributor 1019-1021 E. Cary St., Phone Madison 7700

**Barbarossa**

The beer you'll like better—the beer that is better.

A famous brew—delicious—pure—sparkling—aged.

**Barbarossa**

Will PROVE its own delightful superiority, if you'll try it—just try it. Order for home or to take health and hospitality.

Sold at most bars and cafes.

**CHAS. GUNST**

Wholesale Distributor 1019-1021 E. Cary St., Phone Madison 7700

**Barbarossa**

The beer you'll like better—the beer that is better.

A famous brew—delicious—pure—sparkling—aged.

**Barbarossa**

Will PROVE its own delightful superiority, if you'll try it—just try it. Order for home or to take health and hospitality.

Sold at most bars and cafes.

**CHAS. GUNST**

Wholesale Distributor 1019-1021 E. Cary St., Phone Madison 7700

**Barbarossa**

The beer you'll like better—the beer that is better.

A famous brew—delicious—pure—sparkling—aged.

**Barbarossa**

Will PROVE its own delightful superiority, if you'll try it—just try it. Order for home or to take health and hospitality.

Sold at most bars and cafes.

**CHAS. GUNST**

Wholesale Distributor 1019-1021 E. Cary St., Phone Madison 7700

**Barbarossa**

The beer you'll like better—the beer that is better.

A famous brew—delicious—pure—sparkling—aged.

**Barbarossa**

Will PROVE its own delightful superiority, if you'll try it—just try it. Order for home or to take health and hospitality.

Sold at most bars and cafes.

**CHAS. GUNST**

Wholesale Distributor 1019-1021 E. Cary St., Phone Madison 7700

**Barbarossa**

The beer you'll like better—the beer that is better.

A famous brew—delicious—pure—sparkling—aged.

**Barbarossa**

Will PROVE its own delightful superiority, if you'll try it—just try it. Order for home or to take health and hospitality.

Sold at most bars and cafes.

**CHAS. GUNST**

Wholesale Distributor 1019-1021 E. Cary St., Phone Madison 7700

**Barbarossa**

The beer you'll like better—the beer that is better.

A famous brew—delicious—pure—sparkling—aged.

**Barbarossa**

Will PROVE its own delightful superiority, if you'll try it—just try it. Order for home or to take health and hospitality.

Sold at most bars and cafes.

**CHAS. GUNST**

Wholesale Distributor 1019-1021 E. Cary St., Phone Madison 7700

**Barbarossa**

The beer you'll like better—the beer that is better.

A famous brew—delicious—pure—sparkling—aged.

**Barbarossa**

Will PROVE its own delightful superiority, if you'll try it—just try it. Order for home or to take health and hospitality.

Sold at most bars and cafes.

**CHAS. GUNST**

Wholesale Distributor 1019-1021 E. Cary St., Phone Madison 7700

**Barbarossa**

The beer you'll like better—the beer that is better.

A famous brew—delicious—pure—sparkling—aged.

**Barbarossa**

Will PROVE its own delightful superiority, if you'll try it—just try it. Order for home or to take health and hospitality.

Sold at most bars and cafes.

**CHAS. GUNST**

Wholesale Distributor 1019-1021 E. Cary St., Phone Madison 7700

**Barbarossa**

The beer you'll like better—the beer that is better.

A famous brew—delicious—pure—sparkling—aged.

**Barbarossa**

Will PROVE its own delightful superiority, if you'll try it—just try it. Order for home or to take health and hospitality.

Sold at most bars and cafes.

**CHAS. GUNST**

Wholesale Distributor 1019-1021 E. Cary St., Phone Madison 7700

**Barbarossa**

The beer you'll like better—the beer that is better.

A famous brew—delicious—pure—sparkling—aged.

**Barbarossa**

Will PROVE its own delightful superiority, if you'll try it—just try it. Order for home or to take health and hospitality.

Sold at most bars and cafes.

**CHAS. GUNST**

Wholesale Distributor 1019-1021 E. Cary St., Phone Madison 7700

**Barbarossa**

The beer you'll like better—the beer that is better.

A famous brew—delicious—pure—sparkling—aged.

**Barbarossa**

Will PROVE its own delightful superiority, if you'll try it—just try it. Order for home or to take health and hospitality.

Sold at most bars and cafes.

**CHAS. GUNST**

Wholesale Distributor 1019-1021 E. Cary St., Phone Madison 7700

**Barbarossa**

The beer you'll like better—the beer that is better.

A famous brew—delicious—pure—sparkling—aged.

**Barbarossa**

Will PROVE its own delightful superiority, if you'll try it—just try it. Order for home or to take health and hospitality.

Sold at most bars and cafes.

**CHAS. GUNST**

Wholesale Distributor 1019-1021 E. Cary St., Phone Madison 7700

**Barbarossa**

The beer you'll like better—the beer that is better.

A famous brew—delicious—pure—sparkling—aged.

**Barbarossa**

Will PROVE its own delightful superiority, if you'll try it—just try it. Order for home or to take health and hospitality.

Sold at most bars and cafes.

**CHAS. GUNST**

Wholesale Distributor 1019-1021 E. Cary St., Phone Madison 7700

**Barbarossa**

The beer you'll like better—the beer that is better.

A famous brew—delicious—pure—sparkling—aged.

**Barbarossa**

Will PROVE its own delightful superiority, if you'll try it—just try it. Order for home or to take health and hospitality.

Sold at most bars and cafes.

**CHAS. GUNST**

Wholesale Distributor 1019-1021 E. Cary St., Phone Madison 7700

**Barbarossa**

The beer you'll like better—the beer that is better.

A famous brew—delicious—pure—sparkling—aged.

**Barbarossa**

Will PROVE its own delightful superiority, if